



Keen Minds and Ready Muscles

come naturally when brain and body are properly nourished. This calls for a diet which includes the all-important mineral elements, best derived from the field grains, but lacking in many foods.

The famous purefood—

Grape-Nuts

is made of whole wheat and malted barley and richly supplies all the nutriment of the grains, including their precious mineral salts, required by the system for daily rebuilding.

Grape-Nuts has appetizing flavour, is easily digested, comes ready to serve, and with cream or good milk, is a splendidly balanced food that makes for mental and physical efficiency.

"There's a Reason"



"SHERWOOD" PLAYERS

Some of the principal characters in the Willamette university junior class play.

Burglar Mystery May Be Solved by Quinby Find

(Capital Journal Special Service.)
Quinby, Or., May 16.—A story that has just come to light may be the clue to some burglary mystery indicated by the valuable find made by the children of Phil Painter in February when the heavy snow lay on the ground. The youngsters were attempting to dislodge a cone from a tree, when they unearthed a man's gold watch, three

Had Terrible Pains in Kidneys and Back.

Dear Mr. Editor—I want to write you about "Anurio." I was very sick, could hardly be up; I was in bed most of the time. Had terrible pains in my kidneys and back, so much so that I had to scream sometimes when I was sitting down and wanted to get up, the pain was so great. I had tried a well-known kidney medicine but it didn't help me. I heard of Dr. Pierce's Anurio Tablets so I thought I would try them. I took only one box of the Tablets, and my back is now free from pain and I can work and take care of my family. I feel I cannot say enough for this medicine. Sincerely, Mrs. Wm. Keller.

NOTE: This "Anurio" is adapted especially for kidney complaints and diseases arising from disorders of the kidneys and bladder, such as backache, weak back, rheumatism, dropsy, congestion of the kidneys, inflammation of the bladder, scalding urine and urinary troubles. The physicians and specialists at Dr. Pierce's Great Institution, at Buffalo, N. Y., have thoroughly tested this prescription and have been with one accord successful in eradicating these troubles, and in most cases absolutely curing the diseased kidneys. Patients having once used "Anurio" at Dr. Pierce's Invalids' Hotel, have repeatedly sent back for more. Such a demand has been created that Dr. Pierce has decided to put "Anurio" in the drug stores of this country, in a ready-to-use form. If not obtainable send one dime by mail to Dr. Pierce for trial package or 50 cents for full treatment.

Dr. Pierce's Golden Medical Discovery is a blood cleanser and alternative that starts the liver and stomach into vigorous action. It thus assists the body to make rich, red blood, which feeds the heart, nerves, brain and organs of the body. You feel clean, strong and strenuous.



NO VACATION FOR CITY EMPLOYEES AT CITY'S EXPENSE

Council Indorses High Level
Concrete Bridge Across
Willamette

CHURCH STREET PAVING PETITIONS CHECKED UP

Vocal Music at Band Concerts
—Play Grounds, and Pav-
ing Looked After

By a vote of eight to five the city council decided last night that the city employees were entitled to no vacation at the expense of the city, plans were started for a playground this summer, and a resolution was passed favoring a high level concrete bridge across the river at this place.

A resolution was introduced to allow the city employees a two weeks' vacation on full pay provided they had been in the employ of the city for six months previous to July 4. Councilman Hudelson was the champion of the anti-vacationists and favored allowing the city employees all of the vacation they wanted but at their own expense. His judgment was sustained by the above vote.

The proposed playground will be established on the land of J. H. Albert on Mission street between Summer and Winter streets where there is plenty of space that the city may use for the playground if it is cleaned up. Councilman Jones stated that arrangements had been made with the junior high school boys to clean up the grounds and to pile up the refuse and the city teams will haul it away to the city dump. It was stated that the playground apparatus now on hand would be sufficient for this summer and that the Commercial club and other organizations would provide the directors for the summer.

High Level Concrete Bridge

Mayor White introduced a resolution favoring a high level concrete bridge across the river at this place. He said that a steel bridge of the draw type would require \$5,000 a year for maintenance and \$5,000 a year more for depreciation. While a high level concrete bridge would cost more at the start, the maintenance and depreciation would be negligible and would more than pay for the additional outlay in money saved within a few years.

It was said that the Polk county court favored this kind of a bridge and it was ordered that the resolution passed last night be sent to the county courts of Polk and Marion county.

A resolution was passed to purchase an additional strip of land to widen Cross street from High to Church streets which is only 30 feet wide at present. This matter was put over from last year and all arrangements have been made for some time.

The much discussed garbage hauling ordinance was again called up and discussed. The new ordinance provides that all those hauling garbage must pay an annual license fee of \$50 except those who haul garbage for food for animals or for fertilizer or for owners who haul their own garbage. The license fee for 1916 will be \$50. Another garbage ordinance was passed making it unlawful to dump brush, leaves, or garbage at any place except on the city dumping grounds.

Church Street Paving.
The Southern Pacific asked permission to place a 1,800 gallon distillate tank under ground near Fourteenth and Leslie streets and the matter will be finally settled at the regular meeting next Tuesday night.

The remonstrance against the paving of Church street from State street to Mission was read and referred to the city engineer to check up the front footings in which duty he will be assisted by the city attorney and the city street committee. After the remonstrance was read communications asking that their names be withdrawn from the remonstrance were read from Charles Maxwell, the Capital City Mills, by Bryant & Frank, Maurice Klinger and U. J. Lehman. The Oregon Electric also stated that the road would take no interest in the matter and preferred leaving it to local people for settlement.

A bill for an ordinance to prohibit taxicabs and other autos for hire and horse drawn vehicles from standing in front of buildings without the owner's or lessee's permission was introduced in the interests of the Oregon Electric depot where the traffic is said to be hindered by the autos for hire who refuse to move on at the request of the railroad men.

To Pave Fairgrounds Road.

Mayor White was authorized to alter the music contract to provide for vocalists at the band concerts this summer. The band receives \$2,000 from the city but the contracts provide only for instrumental music. The council declared its intention to pave the Fairgrounds road from the west line of Summer street to the southern Pacific right of way with bituminous concrete pavement No. 4. The property owners will pay 60 cents per square yard and the cost of the curbs and the businessmen of the city will pay for the remainder. The state will provide convict labor for the grading.

An ordinance was introduced providing that no garages should be built closer than 20 feet to the sidewalk outside of the business section of the city. The matter was referred to the ordinance committee and city attorney. The petition of Webb & Clough to construct a corrugated iron garage at the rear of their undertaking parlors was referred to the fire and water committee.

Try Capital Journal want Ads.

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headaches, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; this cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

Pupils of Schools Showing Increased Interest in Club Work

Submitting a report to State Superintendent Churchill on his work or organizing and instructing industrial clubs in the public schools of Oregon during the months of March and April, Field Worker N. C. Maris reports that he worked in nine different counties, making 123 addresses to an aggregate of 8,476 persons. The greater number of these talks were to schools where clubs were formed. Teachers' institutes were held in a number of the counties and Mr. Maris addressed the teachers, explaining the work and urging their cooperation. Public meetings were also held evenings when he used the stereopticon and slides with which to illustrate his lectures, explaining the nature of the work and showing what the club members are doing in different counties in the state and in other states.

The nine counties in which Mr. Maris worked in March and April are Benton, Columbia, Malheur, Baker, Union, Umatilla, Multnomah, Marion and Clackamas.

TO KEEP THE FACE FRESH, CLEAR, YOUTHFUL

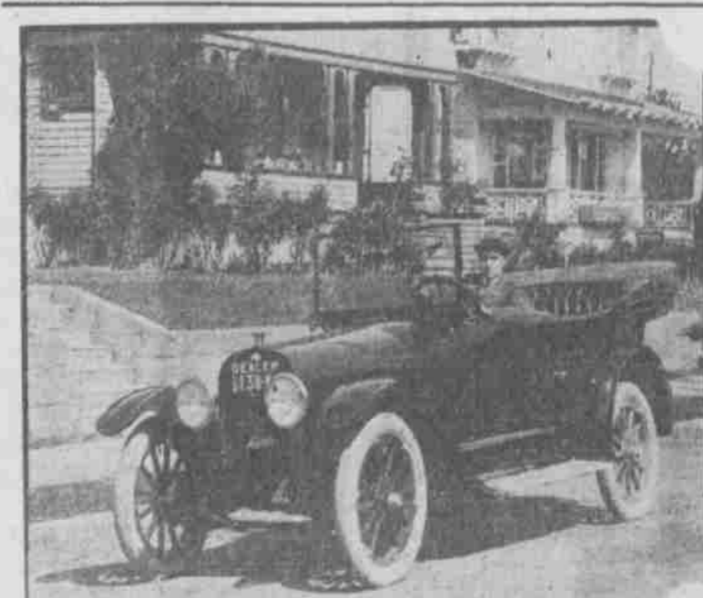
More important than the cosmetic care of the complexion is its physical care. To keep the face clean, fresh, youthful, there's nothing better than common mercuric wax. It absorbs the soiled or faded worn-out skin particles. Cosmetics simply add unwholesomeness to the complexion. That's the difference. By all means, acquire the mercuric wax habit. It's so easy to get an ounce of the wax at the drugist's; apply it off night like cold cream and wash it off next morning. There's no detention indoors, the old skin coming off so gradually no one suspects you're using anything. When in a week or two the alluringly youthful, rosy cheeks are fully in view—well, you won't want, or need, a make-up complexion after that. It must be apparent that this process means complete eradication of all cutaneous blemishes, like freckles, pimples, blotches and blackheads.

For obstinate wrinkles, a face bath made by dissolving an ounce of aniline in a half pint witch hazel, surpasses massage cream and everything else for results.

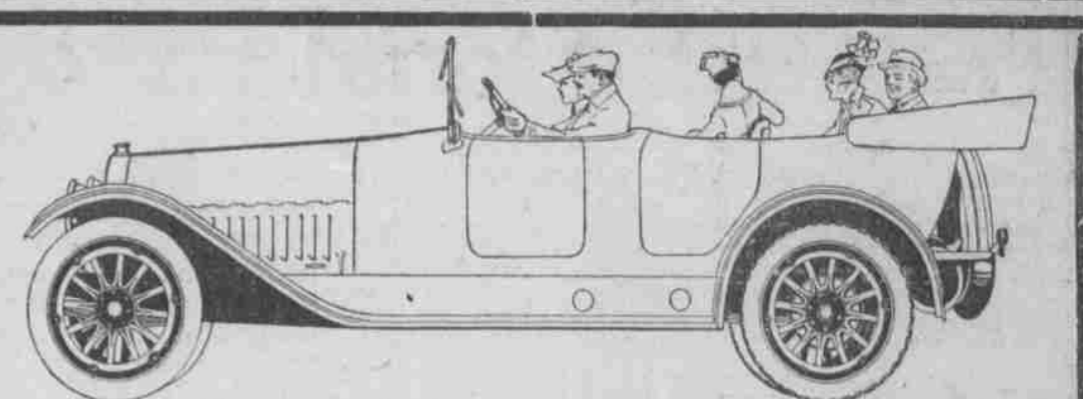
DIED

BRIDGES—At Phoenix, Arizona, May 7, 1916, Mrs. C. C. Bridges, in her 57th year.

She is survived by an only daughter, Mrs. Ella McGowan, of Phoenix, and an only son, N. J. Bowers, of Fruitland, east of Salem.



Ray Albee, of the Mitchell, Lewis, Stevens company, of Portland, drove into Salem last evening in one of their Mitchell six '16. The new car is similar in mechanical construction to the first six '16. Mr. Albee says the car is far ahead of any previous car the Mitchell has put on the market.



Mitchell New Series Six of '16

Pure streamline body, designed after the New York show.
48 H. P. High Speed Block Motor.
Westinghouse electrical equipment.
Stewart Vacuum Feed.
Power Fire Pump.
One Man Top.
127 Inch Wheel Base.
34x4 Tires.
Bate Cantilever Springs.

\$1325

Factory

A Costly Car at a Very Reasonable Price

Compare the beauty, room, upholstery, equipment and performance of this car with others and you will find it is not equaled except in the very highest priced cars.

Drive This Light Six---Give It Your Own Test

Phone 346, Mr. Albee, or drop a card for a demonstration.

Mitchell-Lewis & Staver Co.

Northwest Distributors
At the Purvine Store—Front and State Streets

Democrats Request Voters to Write Names On Primary Ticket

The Democratic central committee requests party voters to write into the ballots the names mentioned for the respective offices following their names, the same having been recommended to your notice by the Democratic central committee of Marion county.

Mark V. Weatherford for member of congress.
Geo. C. Blakely for secretary of state.
Grant Corby for district attorney.
A. M. Dalrymple clerk.
W. H. Downing for sheriff.
L. C. Cavanaugh for assessor.
A. C. Miller for county commissioner.

And for representatives in the state legislature the following, Mrs. Hattie Cameron, Mrs. W. A. Chapman (of Woodburn), Marion Palmer (of Silverton), W. H. Egan (of Gervais) and Frank Ward (of Salem).

There are some changes in the list above compared with the one first given out.

A FEARLESS PHYSICIAN

Such a physician recently remarked: "The wonderful power of Lydia E. Pinkham's Vegetable Compound over diseases of women is not because it is a stimulant, not because it is a palliative, but simply because it contains the very elements needed to tune up the female system and strengthen the depleted organism." Of course that is so, otherwise it could not succeed as it has.

Search Gypsy Camps for Missing Boy

Portland, Or., May 16.—Gypsy camps throughout the state are being searched by police and deputy sheriffs today. They are looking for Jimmie Gies, aged 4, who was stolen from his home at Greeley, Pennsylvania, just a year ago.

A report that Jimmie, or a boy answering his description, was with a tribe of gypsies somewhere in the state of Oregon, reached Governor Withycombe. He immediately started an investigation.

BISURATED MAGNESIA

An absolutely harmless antacid in all cases of fermentation and souring and belching of food, gas, indigestion, etc. A teaspoonful in a fourth of a glass of hot water usually gives INSTANT RELIEF. Sold by all druggists in either powder or tablet form at 50 cents per bottle.

DOUBLE PROGRAM IS PLAN AT SILVERTON

Silverton, Or., May 16.—Preparations have been made for two celebrations on Memorial day—that of the G. A. R. and W. R. C. and that of the Woodmen of the World. The old soldiers will hold their exercises at the Miller cemetery on Sunday, May 28, and the W. O. W. will celebrate memorial day at the Silverton cemetery on the same day. The Silverton concert band will render music and a large parade of Woodmen is expected. On Tuesday, May 30, the G. A. R. and W. R. C. assisted by fine school children, will hold their exercises in the city park. George C. Brownell will deliver the oration.

TRIED TO KILL FAMILY

Peru, Ind., May 16.—Grieving for the death of his wife, William Dollars, age 32, attempted to wipe out his whole family today. He shot and killed his mother and five year old daughter, then wounded the two other children and committed suicide at his wife's grave.

TO VOTE FRIDAY

Washington, May 16.—The house today adopted a rule calling for a vote on the shipping bill Friday.

Councilman Hudelson Intercedes for Boys Who Stole His Auto

Councilman Hudelson entered a new role as an onitor yesterday when he appeared before Judge Bushey in behalf of Ernest Ross and Truxton Beel, the boys who took his automobile for a jolt and broke down in Woodburn. The boys were taken before Judge Bushey in the juvenile court yesterday and Mr. Hudelson was willing to give the boys another chance. They were released in the custody of their parents and their cases continued. Ernest Ross is the son of May Ross and not the son of J. B. Ross of this city, as was reported yesterday.

How French People Cure Stomach Trouble

A household remedy of the French peasant, consisting of pure vegetable oil, and said to possess wonderful merit in the treatment of stomach, liver and intestinal troubles, has been introduced in this country by George M. Mayr, who for twenty years has been one of the leading down-town druggists of Chicago and who himself was cured by its use. So quick and effective is its action that a single dose is usually enough to bring pronounced relief in the most stubborn cases, and many people who have tried it declare they never heard of anything to produce such remarkable results in so short a time. It is known as Mayr's Wonderful Remedy and can now be had at all leading drug stores. It is sold with the positive understanding that your money will be refunded without question or quibble if ONE bottle fails to give you absolute satisfaction.

Arrange for Uniting Methodist Churches

Saratoga Springs, N. Y., May 16.—Bishop Cranston today was named as head of a commission arranging terms of a union between the Methodist Episcopal church and the Methodist church South. The report of the commission will be submitted to the Southern Methodistists in 1918 and to the Northern Methodistists in 1920.

The Methodist general conference adopted a report endorsing union of the Methodist churches of the North and South. The conference also decided to elect seven new bishops and 3 missionary bishops this year, defending its effort to reduce the episcopal staff.

CHINESE REBELLION IN WAY OF SETTLEMENT

Seattle, Wash., May 16.—While the new Chinese cabinet system has deprived President Yuan Shi Kai of some of his authority, it has finally established him in office, and probably gone far toward placating the warring factions, according to the belief today of Professor N. D. Harris of Northwestern University, Chicago, just returned from an oriental tour.

Try Capital Journal want Ads.

HOW TO BE SLIM

If you are too fat and want to reduce your weight 15 or 20 pounds, don't starve and weaken your system, or think you must always be laughed at on account of your fat, but go to Central Pharmacy or any good druggist, and get a box of Oil of Koroin capsules, take one after each meal and one before retiring at night. Weigh yourself once a week and note what a pleasant and reliable method this is for removing superfluous fat from any part of the body. It costs little, is absolutely harmless and a week's trial should convince anyone that it is unnecessary to be burdened with even a single pound of unsightly fat.
